



The “Pass It On” is available online at: <https://carson.armymwr.com/programs/pass-it-on>

21 MARCH 2019

Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.

Army Community Service:

719-526-4590

On Facebook: Fort Carson Army Community Service

On Twitter: FortCarsonACS

On the web:

www.carson.army.mil/ACS

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KEEP YOURSELF CURRENT

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FORT CARSON VETERINARY CLINIC NAIL TRIM CLINIC

Fort Carson Veterinary Clinic would like to invite you to attend our Walk in Nail Trim Clinic on 30 March 2019 from 0900-1200! Dogs, cats, and pocket pets are welcome! We will be offering free nail trims and weight checks for your four legged friends! If you are satisfied with your services feel free to drop us a donation!

Where to find us:

1535 Sheridan Ave. Bldg. 6190

Ft. Carson, CO 80913

(719) 526-3803

EVANS ARMY COMMUNITY HOSPITAL COLORING CONTEST

As part of the 2019 Month of the Military Child, the Evans Army Community Hospital command team is asking our military children to let us know how they view their experiences as a part of military life. Theme options include how you view the U.S. Military, Military Medicine, or Life as a Military Child. Deadline for submission is April 26, 2019. Entries must be dropped off at the contest submission drop box located next to the Evans ACH Starbucks. Coloring sheets can be found at: www.evans.amedd.army.mil/Downloads/Download/55

POST 9-11 GI BILL TRANSFERABILITY CHANGES

Effective July 12, the transfer of Post 9/11 VA education benefits will be limited to service members with less than 16 years of time in service (TIS). Service members are still required to have at least six years TIS to transfer to Family Members, and must serve an additional four-year service obligation from the date of transfer. Soldiers still serving who received a Purple Heart on or after Sept. 11, 2001, can submit a transfer of education benefits request regardless of years served or years of retainability. For more details, attend the Fort Carson Education Center GI Bill briefing held each Thursday from 10-11 a.m. in building 1012, room 138. For more information, call 526-2124. Don't miss your opportunity - apply early. Transfer application is available at www.dmdc.osd.mil/milconnect.

FLU VACCINE

The Pediatric Clinic here at Evans ACH still has the flu vaccine available for children 6 months and older. The clinic is welcoming walk-ins for the flu vaccine from 8-11:30 a.m. or 1-3:30 p.m.

NATIONAL SOCIAL SECURITY MONTH

It's National Social Security Month and this year we're highlighting some of the time-saving features of the my Social Security account. Once you create an account, you'll see that we already have your work history and secure information to estimate what you could receive once you start collecting benefits. With your personal my Social Security account, you can also:

- * Request a replacement Social Security card;
- * Set up or change direct deposit;
- * Get a proof of income letter;
- * Change your address;
- * Check the status of your Social Security application; and
- * Get a Social Security 1099 form (SSA-1099).

For over 80 years, Social Security has worked to meet the changing needs of the American public. Today, you can apply for retirement, disability, and Medicare benefits online, as well as take care of other business.

Knowledge is power. You care about your friends' and family's future, so encourage them to create a my Social Security account. Celebrate National Social Security Month by learning what you can do online anytime, anywhere at www.socialsecurity.gov/myaccount

FACILITY/BARRACKS SERVICE ORDERS

The Directorate of Public Works (DPW) operations and maintenance contractor, T&H Services, handles routine maintenance and repair issues for military and civilian buildings, including barracks, on Fort Carson. Service orders can be called in to 526-5345, 24/7.

When submitting a service order, individuals need to provide a description of the problem, including the exact location, and the name and phone number of a person familiar with the problem or need, and their unit or activity. A customer service representative will then assess the level of urgency of each service order request and determine the appropriate priority rating based on the information they receive. There are three service order levels of priority:

--Emergency (priority 1) – Emergency work takes priority over all other work and requires immediate action. Emergency service orders are classified as such when they consist of correcting failures/problems that constitute an immediate danger to life, health, safety, security or property. Examples of emergency service orders include: overflowing drains, broken water or steam pipes, gas leaks, major utilities service failures, broken electrical components that may cause fire or shock, stopped up toilets (when only one is available for use), lock outs (check with the assigned key control custodian or staff duty noncommissioned officer first) and key card failures. The normal response time to emergency work is within one hour, day or night, with completion of the emergency within 24 hours.

--Urgent (priority 2) – Urgent work is required to correct an issue that could become an emergency, could seriously affect morale or has command emphasis. Examples include heating and hot water supply outages, building air conditioning system failures or functional failure of ranges and refrigerators in dining facilities. The contractor makes every effort to respond within 24 hours and accomplish all urgent work within seven working days of receiving the order.

--Routine (priority 3) – Routine service orders do not meet the categories of emergency or urgent and cover required work that, if not accomplished, would continue to be an inconvenience or unsightly condition. Work in this category is normally accomplished within 30 days of being called in.

For facility issues in housing, Fort Carson Family Homes has its own, separate maintenance service request system.

Residents can place service requests online at <http://www.fortcarsonfamilyhomes.com/default.aspx> or by calling 579-1605.

FEDERAL EMPLOYEE EDUCATION & ASSISTANCE FUND

FEEA is the only charity by and for federal employees. They provide disaster grants, emergency hardship loans, and college scholarships for federal families. To view scholarship opportunities please visit <https://feea.org/our-programs/scholarships/>. The 2019 application deadline is Monday, March 25, 2019, at 3pm EDT.

ARMY HOUSING UTILITY BILLING SUSPENSION

As of March 1, the RCI Energy Conservation Program (RECP) has been suspended until further notice. Residents should not be billed, receive rebate payouts, be charged administrative fees or receive delinquent utility charges.

RCI partners will continue to monitor usage and will provide residents with mock billing statements, i.e., consumption reports, while the Army reviews the current data collection and billing methodology.

VIETNAM VETERAN PINNING CEREMONIES

In recognition of their service and sacrifice, Vietnam Veterans can receive a special memorial lapel pin from the Army & Air Force Exchange Service on March 29 as part of the United States of America Vietnam War Commemoration 50th anniversary of the Vietnam War. Veterans should contact their local Main Exchange for details on the time and location of the pinning ceremony.

Carson Main Store 719-576-4000/4141.

Peterson Main Store 719-596-7272/7270

USAF Main Store 719-472-0861

SEE SOMETHING, SAY SOMETHING

Anyone who notices suspicious activity or suspicious packages on Fort Carson should report it to one of the organizations/activities listed below. Off-post suspicious activity should be reported to local law enforcement.

--Military Police: 719-526-2333/5615 or 911(emergencies)

--308th MI BN, 902nd MI GRP (Rocky Mountain Field Office):

Duty hours: 719-526-4808/4810/4815/5959

After Duty hours/ Duty Agent Mobile (24/7): 719-243-9443 RMFO email: usarmy.carson.902-mi-grp.list.308th-rocky-mtn-fo@mail.mil

CONUS Hotline: 1-800-CALL-SPY (1-800-225-5779)

--iSALUTE: <https://www.inscom.army.mil/isalute/>

--CID: 719-526-3991 (After hours is the Military Police)

--Installation Antiterrorism Officer: 719-524-2733

--D8 Schools: Safe2Tell # is: 1-877-542-7233

FORT CARSON COMMISSARY

Fort Carson Commissary is holding a commemorating of the 50th anniversary of the Vietnam War by thanking and honoring Vietnam-era veterans and their families on March 29, 2019 at 1200.

April Madness Case Lot Sale April 19, 20 and 21, 2019 at 0900 -1800

Heathy Fit Festival 14-15 June 0900-1600

Get Fit, Get Healthy, and come to your Ft. Carson commissary Healthy Lifestyle Festival

ACCREDITED FINANCIAL COUNSELOR (AFC) CERTIFICATION APPLICATIONS NOW BEING ACCEPTED

This is an opportunity for military spouses interested in gaining a certificate in financial counseling. The application season is open for military spouses now through April 2019. Those interested in applying for the 2019 fellowship must submit applications no later than April 19 at <http://www.militaryspouseafcpe.org/application>

Please take a look at this Link:

https://www.army.mil/article/218206/military_spouses_can_boost_job_skills_with_free_finance_certification

This is definitely a good news story shared from Kaiserslautern, Germany. The FINRA Foundation Military Spouse Fellowship Program has offered this opportunity to military spouses for a number of years. As stated in this article more than 1,530 military spouses have earned the Accredited Financial Counselor (AFC) certification.

HUNTERS EDUCATION CONCLUSION COURSE

The Fort Carson Conservation Law Enforcement Program will host the Colorado Hunters Education Course from 8 a.m. to 5 p.m. March 30-31 at the Cheyenne Mountain Shooting Complex. Participants must attend both days and pass the exam to receive the Hunters Education certification. Register early as there are a limited number of seats available. For additional information or to register, visit <https://register-ed.com/events/view/138076>

SOLDIERS ANGELS

Soldiers' Angels has partnered with Caliber Collision to donate "Recycled Rides" to service members and veterans. A wonderful low mileage vehicle has been identified for giveaway in the Colorado Springs area. We are looking for service members or veteran families for this donation.

Requirements are:

- * The family cannot currently have a (reliable/running) vehicle.
- * The veteran must have a valid driver's license.
- * The veteran must have enough financial resources to be able to handle future maintenance and auto insurance.
- * The veteran must not have any pending or previous felony arrests or convictions.
- * The veteran must live in the Colorado Springs or surrounding area.

If you have any applicants, you would send the bio directly to our President, Amy Palmer at apalmer@soldiersangels.org, their family, their service, their current situation, and how a vehicle can benefit them (i.e. getting to doctor visits; food; school). Please have them include a good contact phone number.

We would like to identify these candidates ASAP.

VOLUNTEER RECOGNITION IMPORTANT DATES

21 March: Jan-Feb-March 2019 Volunteers of the Quarter Packets Due

11 April, 10:30 a.m. Volunteer Recognition Ceremony and Reception, Elkhorn

Volunteer Page link is here: <https://carson.armymwr.com/programs/army-volunteer-corpS>

EL PASO COUNTY, RECREATION & CULTURAL SERVICES

CONTACT: Theresa Odello, Recreation Coordinator, 719-520-6977, theresaodello@elpasoco.com

ONLINE REGISTRATION: www.elpasoco.com/naturecenters

Introduction to Wilderness Survival

Thursday, March 28, 6:00 p.m. to 8:30 p.m.

Bear Creek Nature Center, 245 Bear Creek Road, Colorado Springs

Learn the basics of Wilderness survival, such as the Rule of Threes, top 10 must haves in the backcountry, top ten mistakes people make in the outdoors, wild animal safety awareness and more. This class is instructed by Jason Marsteiner, a Colorado Native and owner of The Survival University. \$25 per person. This class is limited to 15 participants and pre-registration is required.

Trails, Tails & Ales

Saturday, April 13, 10:30 a.m.

Bear Creek Regional Park East, 2002 Creek Crossing, then to Cerberus Brewing Company

Grab your dog and join us for this special hike! We will start with an easy hike and then head to Cerberus to enjoy a well-deserved beer. Participants will also learn about the history of IPA's and learn about Cerberus Brewing Company. \$3 members or \$4 nonmembers. Must register in advance: this event will fill up!

Introduction to Navigation

Thursday, April 25, 6:00 p.m. to 8:30 p.m.

Bear Creek Nature Center, Bear Den

Instructor: Jason Marsteiner, The Survival University

Even in today's high-tech world, your smartphone will only get you so far. Learn the parts of a compass, how to read a topographic map, and how to use them in tandem. \$25 per person.

Free Youth Fishing Derby

Saturday, May 11, 9:30 a.m. to 12 p.m.

Willow Springs Ponds, Fountain Creek Regional Park

Get outside and learn to fish at Willow Springs Ponds! This is a free fishing derby for children ages 5 to 15. Enjoy fishing demonstrations, fun prizes, and a hot dog lunch with Commissioner Gonzalez on the grill! Bring your own rod, reel, tackle, and bait. Register online at elpasocountynaturecenters.com, or call 719-520-6977.

Great American Cleanup

Saturday, April 27, 9:00 a.m.

Various Locations throughout El Paso County

The Great American Cleanup / Pikes Peak Partners is a coalition consisting of the City of Colorado Springs, Colorado Springs Utilities, El Paso County, the City of Fountain, the Greenway Fund, Keep Colorado Springs Beautiful, The City of Manitou Springs, the Town of Monument, Rosco's Coffee House, and UpaDowna. We are encouraging civic organizations, churches, scout groups, school groups, and individuals to participate in 2018 as we give the Pikes Peak region a "spring cleaning". Site Coordinators will host volunteer check-in sites beginning at 9 a.m. at several locations around the region. Bags and safety vests will be provided. Volunteers are encouraged to bring gloves, sunscreen, and refillable water bottles. Youth under 16 must be supervised by an adult. To volunteer, please register at www.gacppp.com

TRICARE CHANGES

Tricare changes requires action on your part

Tricare has updated their policy on Qualifying Life Events (QLE) coverages. A QLE is a certain change in your life, such as marriage, birth of a child, or retirement from active duty, which may mean different Tricare options are available to you or your family members. The change in TRICARE makes securing coverage for your new family member a two-step process. Step 1) enroll your family member into DEERS Step 2) Enroll your new family member into TriCare within 90 days of the qualifying life event.

More information is available at <https://tricare.mil/LifeEvents/QLE>

ARMY & AIR FORCE EXCHANGE - FREE FRIDAY GIVEAWAYS

The Army & Air Force Exchange Service is continuing its Free Friday giveaways in 2019, offering Ft. Carson Soldiers and their families a chance to win riding lawn mowers, furniture, grills, blenders, espresso makers and more. The giveaway is conducted online at facebook.com/shopmyexchange.

To enter the contests, authorized shoppers simply post a comment answering the question posed on each Free Friday post at facebook.com/shopmyexchange. In addition to active-duty, National Guard, Reserve and retired shoppers and military families, honorably discharged Veterans who have verified their eligibility to shop at ShopMyExchange.com can enter the weekly drawings. Veterans can visit <http://bit.ly/VetForLife> for more information. Entries made by 11:59 p.m. Central on the day of the posting will be entered into a drawing. Drawings are held on the Monday after each Free Friday giveaway.

EARTH AND ARBOR DAY WITHIN THE FORT CARSON COMMUNITY

Below are activities in the month of April:

1. Grocery Bag Art Contest (Fort Carson District 8 Schools – K-6th grades): This year's theme is Protect Our Species! Please use pencil or crayons. Bags will be provided to the schools in mid- March, and picked up on 12 April. Notification of winners will be on 19 April. Certificates will be awarded to the winner from each grade. Please ensure the student's name, grade, teacher, and school is visible on the bottom of the bag.
2. Information booths at Post Exchange: 17 April from 0900-1500. Displays will be set up to highlight environmental programs. Tentative displays are: Cultural Resources, Conservation, and Recycling.
3. Household Hazardous Waste Collection Event: 25 April from 0800-1400. Location: Fort Carson Special Event Center West parking lot, building 1829, Wetzel Ave. Free household hazardous waste collection event. The Fort Carson community is encouraged to participate in reducing expensive landfill waste, preventing pollution and helping the installation get one step closer to its Net Zero waste goal. Accepted items include: old/used household cleaners, paints, lawn care products, electronics, data media and automotive products for proper disposal. Containers must be closed and labeled.
4. Arbor Day Proclamation: 26 April at 1100. Location: Tree City Park behind the Fort Carson Middle School. Proclamation will be made to support the requirement for the Tree City USA Certification.

COMMUNITY INFORMATION EXCHANGE

The next Community Information Exchange will be held on Wednesday April 17 and the topic will be Deployment Resources. Everyone is always welcome to attend the CIEs, which begin at 9 a.m. and are held at the Elkhorn Conference Center, building 7300, 1725 Woodfill Road. Check out the Community Information "read ahead," which includes information and websites shared during each month's Community Information Exchange (CIE).

<https://www.carson.army.mil/calendar.html#three>

EDUCATION CENTER NEW LOCATION

The Fort Carson Army Education Center has moved to a new location, in building 1012. Reception is in room 138 and can be reached at 526-2124. Parking is in the lot at the corner of Specker Avenue and Long Street.

Visit room 138, reception, for education counseling, tuition assistance issues, testing scheduling or any other questions. Building 1117 will be closed for renovation until further notice.

Education center hours are:

--Reception/Admin (building 1012, room 138), Monday-Friday 7:30 a.m. to 4:30 p.m.

--Army education counselors (building 1012, room 138) Monday, Tuesday, and Thursday, 9 a.m. to 3:30 p.m.; Wednesday, noon to 3:30 p.m. for Warrior Transition Battalion Soldiers only (appointments required-call the SFAC at 526-5807 to schedule); and Friday 9 a.m. to noon for appointments only (call 526-2124 to schedule) and 1-3:30 p.m. for walk-in only, no appointments --Computer Lab (building 1012, room 103) Monday-Friday 8 a.m. to 5 p.m.
--Army Personnel Testing, for inquiries, to schedule an exam, or pick up exam results, visit reception/admin office in room 138 Weekly briefing schedule (must sign-in at room 138 at least 15 minutes prior):
--ETS (Attendance mandatory to out-process; pick one session) - Monday or Friday from 8:30-9:30 a.m. or 2-3 p.m. or Tuesday from 2-3 p.m.
--College 101: Tuesday or Thursday, 8:30-9:30 a.m.
--GI Bill: Thursday, 10-11 a.m.

OFF-POST CLINICS TO CLOSE

Evans Army Community Hospital will close Mountain Post Medical Home and Premier Medical Home in Colorado Springs, Colorado, within the next several months. Due to unforeseen circumstances, the lease agreement for Mountain Post Medical Home was unable to be extended, and the lease agreement for Premier Medical Home will expire this summer. Both clinics will consolidate within Iron Horse Family Medicine Clinic at Evans Army Community Hospital at Fort Carson. The clinic health care teams will continue to provide care to their current patients to ensure the integrity of care and maintain established relationships. Additional clinics and services are also available at the hospital. "Your team of health care professionals will continue to partner with you to develop a comprehensive health care plan," said Col. Eric S. Edwards, Evans Army Community Hospital commander. "It is our intent to keep you with the same, trusted team you've come to know, at a location that has substantially more specialty services and capabilities."

Patients assigned to Mountain Post Medical Home and Premier Medical Home can expect to receive notice of these changes from Health Net Federal Services and Evans Army Community Hospital.

Those who would like to request a change in their primary care manager or assigned clinic may contact Health Net Federal Services at 1-844-866-9378 or visit their website at <https://www.tricare-west.com/content/hnfs/home/tw/bene.html>.

FREE VETERANS LEGAL CLINIC

Meet with an attorney free of charge and get information on topics such as veteran's resources, benefits, taxes, housing and family law. **4th Tuesday of each month • 12:30–3 p.m.** at the PFC Floyd K. Lindstrom VA Outpatient Clinic, Mt. Yale Conference room: 3141 Centennial Blvd., Colorado Springs, CO 80907

2019 Dates

March 26
April 23
May 28
June 25
July 23
Aug. 27
Sept. 24
Oct. 22
Nov. 26

For more information visit cobar.org/COLawyers4COVeterans. A service provided by the CBA Military & Veterans' Affairs Section. ***Come early; clinic will close early if no one is here waiting to be seen.***



NEW THIS ISSUE

OUTDOOR REC END OF SEASON WINTER SALE

END OF THE SEASON WINTER SALE

**20% off
Everything**

Selected items up to 50% off

Outdoor Rec Center @ 7093 Specker Ave
Fort Carson

719-526-1993

3/29/19 – 3/30/19 10:00 am to 7:00 pm



National MilSpouse Career Summit

Live National Webcast from Mt. Carmel

Thursday, April 4, 1-2 pm (MST)

Join the Conversation with Employment Experts and Employers

- Learn how to successfully navigate your job search through every stage of military life
- Learn what employers are looking for and why they like to hire military spouses across the nation
- Join the conversation live via our Facebook Page
- Send in your questions/comments during the event



Find us on Facebook

<https://www.facebook.com/mtcarmelvsc/>

CHAPEL RESURRECTION EGG HUNT



**FORT CARSON
RESURRECTION
EGG HUNT**

Join Fort Carson's chapel ministries for a base wide Christ-centric fun-filled event for the entire family!

Activities include face painting, bouncy castles, petting zoo, multiple egg races, family competitions, archery battles, fire truck displays, and the great egg hunt for ages 2 – 12 years old! Learn how each activity is uniquely tied to an historical event during the Passion week of Christ!

SUNDAY, 14 APRIL 2019
Pershing Field
 (Next to Provider Chapel)
12:30p – 2:30p
No Cost to Participate!

FREE FOOD • GAMES • MUSIC • OPPORTUNITY DRAWINGS
 Bring a parent, bring your palm branches directly from chapel service, bring a basket and wear good running shoes!

Contact Ms. Heidi Mcallister for more details at Heidi.a.mcallister.civ@mail.mil or 719-526-5744



COLORADO FREE DAYS



2019 COLORADO FREE DAYS

CrossCountry
More than a Mortgage
TEAM GAVIN
720.231.6999

DENVER ZOO 2300 STEELE ST., DENVER 720.337.1400 DENVERZOO.ORG JAN 10 JAN 18 JAN 19 FEB 3 FEB 4 NOV 4 NOV 8	DENVER BOTANIC GARDENS AT YORK ST. 1007 YORK ST., DENVER 720.865.3500 BOTANICGARDENS.ORG JAN 21 FEB 18 MAR 22 APR 14 JUN 4 JUL 10 SEP 3 NOV 11	CHILDREN'S MUSEUM 2121 CHILDREN'S MUSEUM DR., DENVER 303.433.7444 MYCHILDSMUSEUM.ORG JAN 8 MAR 5 MAY 7 JUL 2 SEP 3 NOV 5 FEB 5 APR 2 JUN 4 AUG 6 OCT 1 DEC 3 FREE 4PM-8PM	DENVER ART MUSEUM 100 W 14TH AVE PKWY., DENVER 720.865.5000 DENVERARTMUSEUM.ORG JAN 5 MAR 2 MAY 4 JUL 6 SEP 7 NOV 2 FEB 2 APR 6 JUN 1 AUG 3 OCT 5 DEC 7
DENVER MUSEUM OF NATURE & SCIENCE 2001 COLORADO BLVD., DENVER 303.370.6000 DMNS.ORG JAN 7 FEB 11 APR 28 JUL 2 SEP 29 NOV 17 JAN 27 APR 3* JUN 2* AUG 24 OCT 14 DEC 8 *FREE 5PM-10PM	DENVER BOTANIC GARDENS AT CHATFIELD 1007 YORK ST., DENVER 720.865.3500 BOTANICGARDENS.ORG JAN 8 FEB 5 MAR 5 APR 2 JUN 4 JUL 2 AUG 6 NOV 5	FOUR MILE HISTORIC PARK 715 S FOREST ST., DENVER 720.865.0800 FOURMILEPARK.ORG JAN 11 MAR 8 MAY 10 JUL 12 SEP 13 NOV 8 FEB 8 APR 12 JUN 14 AUG 9 OCT 11 DEC 13 FREE 12PM - 4PM	BROOMFIELD VETERANS MEMORIAL MUSEUM 12 GARDEN CENTER, BROOMFIELD 303.460.6801 BROOMFIELDVETERANS.ORG FREE THURSDAYS & SATURDAYS AURORA HISTORY MUSEUM 15051 E ALAMEDA PKWY., AURORA 303.739.6600 AURORAGOV.ORG FREE TUESDAY & SUNDAY
ALWAYS FREE! ARVADA CENTER GALLERIES ARVADACENTER.ORG GARDEN OF THE GODS VISITOR CENTER GARDENOFGODS.COM ROCKY MTN. MOTORCYCLE MUSEUM THEMOTORCYCLEMUSEUM.COM COLORADO SPRINGS PIONEERS MUSEUM CSPM.ORG US AIR FORCE ACADEMY VISITOR CENTER AND CHAPEL USAFA.AF.MIL UNITED STATES MINT USMINT.GOV	HUDSON GARDENS - GARDEN AREA HUDSONGARDENS.ORG COLORADO SPORTS HALL OF FAME COLORADOSPORTS.ORG PETERSON AIR & SPACE MUSEUM PETERSUMEUM.ORG CU ART MUSEUM COLORADO.EDU LOOKOUT MOUNTAIN JEFFCO.US CU MUSEUM OF NATURAL HISTORY CUMUSEUM.COLORADO.EDU CELESTIAL SEASONINGS TOUR CELESTIALSEASONINGS.COM	CITY OF LONGMONT MUSEUM 400 QUAIL RD., LONGMONT 303.651.8374 LONGMONTCOLORADO.GOV JAN 12 APR 13 JUL 13 OCT 12 FEB 9 MAY 11 AUG 10 NOV 9 MAR 9 JUN 8 SEP 14 DEC 14	

AUTISM

Night Out At The Fire Station

Fountain Fire Station #1
811 N Santa Fe Ave

April 17

5pm - 6pm

Sensory Friendly

Sit in a police car and fire truck

Come and meet the Public Safety Team



He Is Risen

EASTER SUNRISE SERVICE
SUNDAY, 21APR19
0600 - FOUNDERS FIELD

He is not here, for he has risen, as he said. Come, see
the place where he lay. Then go quickly and tell his
disciples that he has risen from the dead."

Matthew 28:6

POC: CH (CPT) Mickey Basham - mickey.l.basham.mil@mail.mil - 615-519-5016
SGT Gregory Huggins - gregory.huggins6.mil@mail.mil - 803-904-6554



VIRTUAL MILITARY SPOUSE SYMPOSIUM

.....
**PREPARE FOR
YOUR NEXT PURSUIT**
.....

REGISTRATION IS OPEN

WEDNESDAY, APRIL 24 & THURSDAY, APRIL 25, 2019

Join us for the 2019 Virtual Military Spouse Symposium, hosted by the Department of Defense Spouse Education and Career Opportunities team.

This two-day virtual event will feature eight interactive sessions designed exclusively for military spouses. Whether you're just starting out or re-entering the work force after some time off, attend this event to:

- **Uncover new sources of jobs**
- **Network with other professional military spouses**
- **Gain confidence with interviews and hiring events**
- **Enhance your resume to be optimal in a digital world**
- **Improve your LinkedIn profile and build your professional network**
- **Learn tips for negotiating a salary and benefits**
- **Create a healthy personal brand**

This free event can be accessed from anywhere in the world.
To choose your sessions and register for the symposium, go to
<https://myseco.militaryonesource.mil/portal/spousesymposium/>.

If you have questions or would like additional information,
contact us at osd.msepjobs@mail.mil.



**MILITARY
ONE
SOURCE**



**SPOUSE EDUCATION &
CAREER OPPORTUNITIES**





TREA - THE ENLISTED ASSOCIATION
CHAPTER 1

GRAND RE-OPENING CEREMONY

Ribbon cutting ceremony, family fun, music, light
food and refreshments. Come and support our
Veterans!

MAY 4, 2019 1:00 PM - 4:00 PM
3035B S. ACADEMY, COLORADO
SPRINGS, CO. 80916

For more information please visit us at
www.facebook.com/TheEnlistedAssociation

EXCHANGE™

YOU MADE the GRADE

you get the REWARDS!

It pays to make the grade! Show us your report card with a "B" average or better and receive a REWARDS! gift card, plus a chance to win up to a \$2,000 REWARDS! gift card!

See an Associate for details and entry forms.

Enter for a chance to win a
\$2,000, \$1,500 or \$500 REWARDS! gift card!



american greetings







DO YOU WANT TO SUPPORT STUDENT SUCCESS?



TEACHERS, LEADERS & TRANSFORMERS WANTED!

Find current job openings and apply online at
www.FFC8.org/careers

MEDDAC UPDATES

  ARMY MEDICINE <i>One Team...One Purpose</i> <small>Conserving the Fighting Strength Since 1775</small>	<h3>Emergent/Urgent Care</h3>
<ul style="list-style-type: none">• Tricare policy allows Active Duty Family Members unlimited visits on urgent care without the requirement for a referral.• Active Duty Service Members are required to get prior authorization for urgent care visits.• Access to Care Line has a Nurse Advise Line (NAL) at 1-800-TRICARE or 719-524-2273. The NAL is available 24 hours a day, 7 days a week. The NAL is staffed with registered nurses trained to triage medical conditions and advise beneficiaries on the designated level of care needed• All beneficiaries can use this service at no charge. The NAL will also direct you to the nearest Urgent Care facility or emergency room in your area.• Active Duty Service Members should utilize their assigned unit Troop Medical Clinic or Soldier Centered Medical Home during duty hours.• The Evans Army Community Hospital Emergency Room is available after duty hours for emergent care needs.• Active Duty Service Members who receive purchased care from the network (civilian facility) without prior approval from the NAL will incur a debt as a result of an uncovered benefit. When an Active Duty Service Member contacts the NAL, they will enter a referral if urgent care is needed. This referral is the approval for Active Duty Service Members to ensure they are not charged for the visit. There are no exemptions or exceptions to the policy for unauthorized urgent care visits. Active Duty Service Members will be expected to pay all debt as a result of an unauthorized urgent care visit.• Virtual Health visits can also be requested for urgent care concerns by calling the Access to Care Line at 719-524-2273.	

CPT Gary J. Chestwood, Chief, Managed Care Division, gary.j.chestwood2.mil@mail.mil, 719-524-4277

  ARMY MEDICINE <i>One Team...One Purpose</i> <small>Conserving the Fighting Strength Since 1775</small>	<h3>Emergent/Urgent Care</h3>
<p>Urgent medical conditions are not considered emergencies but require care within 24 hours. Some examples include:</p> <ul style="list-style-type: none">• Cuts that don't involve much blood but might need stitches• Breathing difficulties, such as mild to moderate asthma• Eye irritation and redness• Fever or flu• Minor broken bones and fractures in fingers or toes• Moderate back problems• Severe sore throat or cough• Skin rashes and infections• Sprains and strains• Urinary tract infections• Vomiting, diarrhea, or dehydration	<p>An emergency condition is one that poses an immediate danger to life. Dial 911 immediately for any medical problem that appears life-threatening. Some examples of conditions that need emergency medical care include:</p> <ul style="list-style-type: none">• Compound fracture, which involves a bone protruding through the skin• Convulsions, seizures, or loss of consciousness• Heavy, uncontrollable bleeding• Moderate to severe burns• Poisoning• Pregnancy-related problems• Serious head, neck, or back injury• Severe abdominal pain• Heart attack symptoms, such as chest pain greater than 2 min.• Stroke symptoms, such as vision loss, sudden numbness, weakness, slurred speech, or confusion• Suicidal or homicidal feelings

<https://www.tricare.mil/CoveredServices/IsItCovered/UrgentCare>

CPT Gary J. Chestwood, Chief, Managed Care Division, gary.j.chestwood2.mil@mail.mil, 719-524-4277



THE POSSE VETERANS PROGRAM



Go to college with a team of veterans, **FULL TUITION GUARANTEED.**

MEET OUR SCHOLARS



GABRIELLE "GABE" HURLOCK

*Wesleyan University
Air Force
Atlanta, GA*

Gabe joined the Air Force in 2008 and served as a tactical aircraft technician in Afghanistan. During her service, her passion for world cultures flourished. At Wesleyan, Gabe founded the university's first student group focusing on African-American women in history and philosophy while majoring in a selective, multidisciplinary program. Gabe shares that "what I appreciate most about Posse is that they provide an opportunity to find your voice and encourage genuine engagement with your environment."



GRANT KILLIAN

*University of Virginia
Navy
Gallatin, TN*

Grant joined the Navy after graduating from high school in 2015. He developed into a strong and effective leader while training at the Naval Special Warfare Preparatory School. At UVA, Grant hopes to study physics and international relations while actively engaging with the university and surrounding communities. Grant says, "the Posse Foundation is investing in groups of driven individuals with incredible leadership potential to have an impact on conversations, campuses, communities, and the world."

What is Posse Veterans?

The Posse Veterans Program is an initiative of The Posse Foundation, which was founded in 1989. We are a national college access and leadership program for post-9/11 U.S. veterans. Selected veteran Scholars are placed in teams of 10 and are guaranteed four years of full tuition funding after GI Bill and Yellow Ribbon benefits are applied. **Posse Scholars graduate at a rate of 90% and have earned over \$1 billion in scholarships.** The Posse Veterans Program partners with Vassar College, Wesleyan University, the University of Virginia, and the University of Chicago.

Posse Scholars have access to top internships, career coaches, a diverse professional network, mentorship, and comprehensive training that prepares them for leadership positions in the workforce.

To be eligible, a candidate must...

- Have served at least 90 days active duty since September 11, 2001 and receive an honorable discharge by July 1, 2020
- Commit to a one-month pre-collegiate training in New York City in the summer of 2020 (lodging and meal per diem are provided)
- Exhibit leadership in their places of work, communities, and/or families
- Be a first time bachelor's degree recipient
- Be interested in attending college with a group of veterans

APPLY TODAY:

www.possefoundation.org/veterans

THE POSSE FOUNDATION, INC.

QUESTIONS? Call (212) 405-1691 or email veterans@possefoundation.org.



SERVICES, PROGRAMS AND EVENTS

CYS SPRING BREAK CAMP



Spring Break

Patriot School Age Center

March 25-29th 2019

Camps Offered:

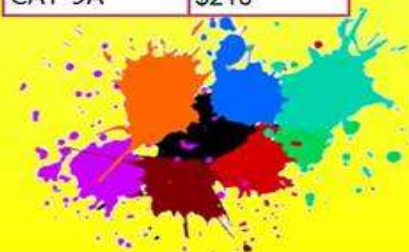
Disc Golf
Helping Hands (Community Outreach)
Slime
Clay
Functional Fitness

Event: 5K Color Fun Run!

Camp options are provided on a first come, first serve basis. Please visit Patriot SAC or Parent Central to sign up at your earliest convenience. All children must be registered with CYS.

Patriot SAC
7008 Harr Ave
Building 6204
Fort Carson, CO 80913
(719) 526-5424

Total Family Income Categories	SAC Camp Weekly
CAT 1	\$60
CAT 2	\$75
CAT 3	\$93
CAT 4	\$108
CAT 5	\$124
CAT 6	\$136
CAT 7	\$138
CAT 8	\$145
CAT 9	\$150
CAT 9A	\$210



THUNDER ALLEY BOWLING CENTER



Open bowling

- **Tuesday to Friday 1100-1300:** \$2.25 per game; \$2.75 for shoes
- **Tuesday to Friday 1300-1700:** \$1.50 per game; \$2.75 for shoes
- **Tuesday to Friday 1700-Close:** \$2.75 per game; \$2.75 for shoes
- **Saturday 1100-2345:** \$2.75 per game; \$2.75 for shoes
- **Sunday 1300-2100:** \$2.75 per game; \$2.75 for shoes

All prices Based per person

Daily Specials

- **Tuesday 1800-2100:** \$3 for 5 games & shoes. \$2.75 per game after
- **Wednesday 1300-2300:** \$1 per game; \$2 for shoes
- **Friday 2130-2345:** \$10 per person for bowling & shoes
- **Saturday 1300-1500:** \$8 per person for bowling & shoes
- **Sunday 1300-1900:** **\$12.75 per Adult:** for 3 games, shoes, 2 slices of pizza and a drink
\$9.75 per Child: for 3 games, shoes, 1 slice of pizza and a drink

FORT CARSON FAMILY HOMES



Visit us on Facebook!



MARCH

luck be a lady



Fort Carson
FAMILY HOMES

2019

LifeWorks

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 Main CC is located at 6800 Prussman Blvd	25 North CC is located at 4355 Funk Ave	26 South CC is located at 1045 Titus Ave	27	28	1 Dr. Seuss' Party 5pm South CC	2
3	4	5 Kid's Baking Club 4pm Main CC	6 Toddler Time North 10am North CC	7	8	9 Spa Night 3pm North CC
10 Daylight Saving Time	11 Facebook Tip Spa Day 2pm North CC	12 Breakfast on the Go! 8am TBD	13 Kid's Kraft 3:30 pm Main CC	14 Zero-Based Budget 6-8pm Main CC	15 Shamrock Shakes 3pm Main CC	16 Papa John's Tour 9am
17 St. Patrick's Day	18	19 Adult Baking Club 4pm Main CC	20 First Day of Spring Toddler Time South 10am South CC	21 Snack Stand 2:30pm Main CC	22 Adult Craft 5:30pm Main CC	23 Bunco! 6pm North CC
24	25 Breakfast on the Go! 8am TBD	26 Karnival Kick-OFF! 1-5pm Main CC	27 Kid's Kraft 3:30pm Main CC How to Clear Housing 5:30pm Main CC	28 North Celebration 3pm North CC	29 South Celebration 3pm South CC	30
31						

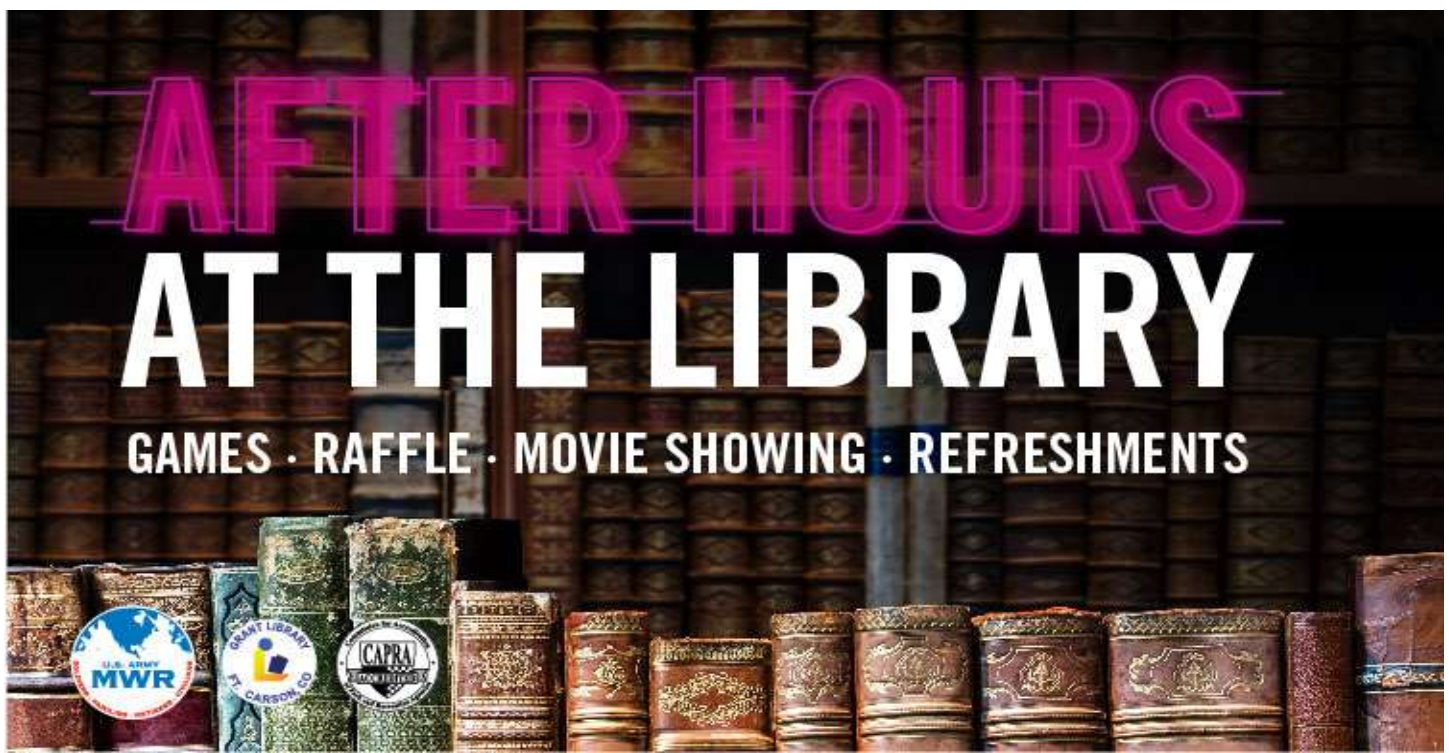
GET ON THE BUS TRIP TO MONARCH MOUNTAIN



<https://carson.armymwr.com/calendar/event/get-bus-trip-monarch-mountain/2795082/34089>

- 2019: March 23
- Tel: [+1\(719\)526-5176](tel:+17195265176)

AFTER HOURS AT GRANT LIBRARY – APR 12



FOR MORE INFO PLEASE VISIT <https://carson.armymwr.com/calendar/event/after-hours-grant-library/2900042/35737>



Wilderness Express and Subway
MARCH MADNESS
Shoot Out
Friday 29th of March 11:00 to 14:00

**Make 10 shots in
20 seconds and win a
PRIZE!**

**Gift Card Grand prize
Giveaway for participants**



March Madness Shoot Out

WHERE: Wilderness Express
DATE: Friday, March 29, 2019
TIME: 1100 - 1400

FORT CARSON YOUTH
SPORTS PRESENTS:

March 30, 2019

11AM-1PM



Spring Sports CAMP

FLAG FOOTBALL

SOCCER

CHEERLEADING

ON PERSHING FIELD

Ages 7-15

2 HOUR CAMP

SNACKS WILL
BE PROVIDED

719-526-4425

Price
\$15

LENT & EASTER SERVICES

2019

CATHOLIC
***All activities at Soldiers' Memorial Chapel unless indicated.*

Ash Wednesday
06 March, 1145 & 1700

Holy Week
18 April, 1900: Mass of the Lord's Supper
19 April, 1500: Stations of the Cross
19 April, 1900: Good Friday Service of the Passion
20 April, 1900: Easter Vigil Mass
21 April, 0900 & 1100: Easter Sunday Mass

Stations Of The Cross
Fridays, 8 March—12 April, 1800
***followed by a soup supper*

Ash Wednesday
1100 Healer Chapel

Worship
Sundays:
0900 Healer Chapel (traditional)
1000 Carson Middle School (ChapelNeXt)
1100 Prussman Chapel (gospel)
1100 Provider Chapel (general Protestant)

Easter
Sunrise Service, 0600 Founders' Field
[See above for standard worship times]

Mass
Saturdays, 1600: Sunday Anticipated Mass
Sundays, 0900 & 1100
Sundays, 1100, Healer Chapel
Daily, 1145
Daily, 1200, Mon-Thurs & 1st Fri, Healer Chapel

Religious Education
Sundays, 1030

PROTESTANT


Religious Education
Sundays / Adult:
0950 Provider Chapel
0930 Prussman Chapel

Sundays/Children:
1000 Carson Middle School (ChapelNeXt)
1100 Prussman Chapel
1100 Provider Chapel

Lent & Easter

Sponsored by Fort Carson Religious Support Office ~ 719-526-5279


LOVE AND LOGIC

 **FREE**
PARENTING WORKSHOP

Registration must be made at least three business days prior to all workshops/events.
To register on-line go to: www.cpcdheadstart.org. Call the Reservation Line: 635-1536 x400.
Childcare and Transportation are limited.

Help us save money by cancelling a reservation at least
24 hours in advance.

Love & Logic

 Early Childhood Parenting Made Fun!
(from birth to 6 years)

Come learn techniques for a more peaceful home life!

- Would you like to have more fun parenting?
- Fun potty training tips.
- Tips to help you establish and keep routines.

Must attend all **THREE** classes
Monday, April 1st, 8th & 15th, 9:00am - 12:00pm
@ The Family Nurturing Center at Ft. Carson 6070 Barkeley Ave., Bldg. 1354, 80913 - snacks provided



2019 Summer Volunteer Youth Program

Are you a military dependent between 14-17 years old and interested in a career in healthcare?

The American Red Cross is looking for motivated young adults to apply for this great opportunity!!



*Applications available
March 1 - April 5, 2019
Must have Military I.D. card
Must be current on immunizations*

*Interviews will be conducted once applications are received. Tentative interview date is April 13.
Participants will be selected and notified April 19.*

****Mandatory** dates for orientation: May 29 & June 3 (8 a.m. - 4 p.m.)
Applicants **MUST** be available during the Orientation week to participate in the program!!*

For more information contact the
American Red Cross Office at Evans Army Community Hospital
719-526-7144



Fort Carson Color Fest

10 a.m.-2 p.m. * **April 13** * Iron Horse Gym

* **All-access activity wristband** *
\$5 per person, ages 4+
FREE for ages 3 & under

Includes access to: Egg Splash, Outdoor Egg Hunt, dunk tank, paintball, climbing wall, bounce houses, petting zoo, & more.

* **FREE activities at the creative arts tent** *

* **FREE Professional Easter Bunny Photos** *
(3 shots per family)

Photos provided upon completion of a web survey within 10 business days.

* **Color Fest Fun Run** *
10:30 a.m.

Online registration: **\$10**

Same-day registration: **\$20**

Registration for ages 3 & under is **FREE**

Price includes T-shirt & sticker while supplies last.

* **Egg Splash at Iron Horse Pool** *
12 p.m.-2 p.m.

Goodie bags for kids available while supplies last.

* **Single Elimination Softball Tournament** *

12 p.m.-2 p.m. at the Mountain Post Sports Complex

Winning team receives a trophy!

\$20 per team, open to ages 18+

Open to DOD ID holders & guests



Questions? Visit CARSON.ARMYMWR.COM



More Events and Info at
Carson.ArmyMWR.com



Iron Horse Sports-Fitness-Center
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@carsonmwr
#CarsonMWR



Iron Horse Physical Fitness Center
6415 Specker Ave., Building 1925
Fort Carson, CO 80913

COLOR FEST VOLUNTEERS NEEDED

A vibrant poster for the Fort Carson Color Fest. The top half features a colorful, abstract background with splashes of paint in various colors. The text "Fort Carson" is in a blue, serif font, and "Color Fest" is in a large, bold, blue, serif font. Below this, "Saturday, April 13" is written in a smaller, blue, serif font. The bottom half of the poster has a solid purple background. The text "Volunteers Needed!" is written in a large, white, serif font. Below this, the contact information is provided: "To Learn Details Contact: Joey Bautista at 719.526.1082 or josesimo.r.bautista.civ@mail.mil". At the bottom, the location and phone number are listed: "ACS Main Center | 6303 Wetzel Ave., bldg. 1526 | 719.526.4590". A circular logo for the U.S. Army Volunteer Corps is located in the bottom right corner.

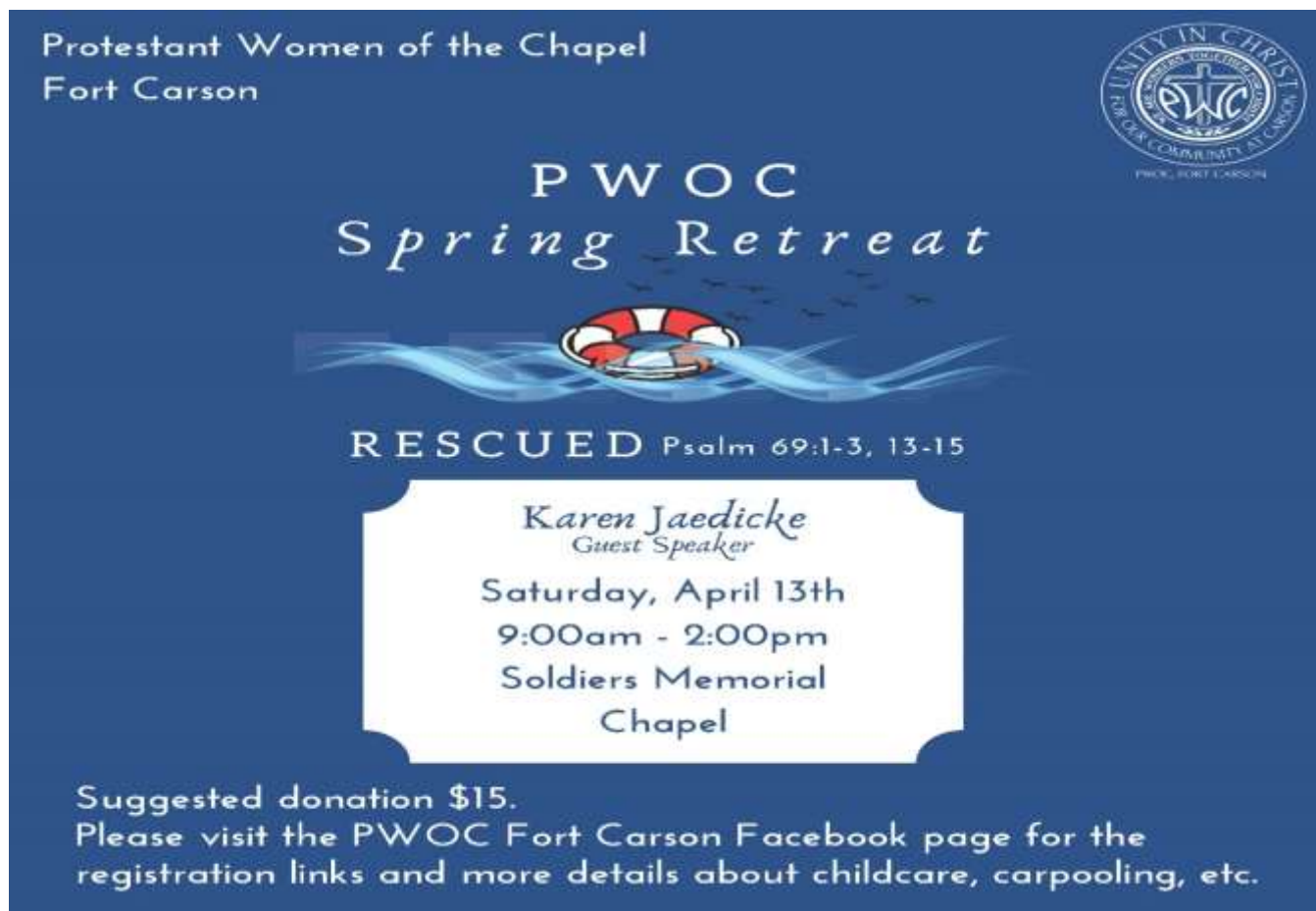
Fort Carson
Color Fest
Saturday, April 13

Volunteers Needed!

To Learn Details Contact:
Joey Bautista at 719.526.1082 or
josesimo.r.bautista.civ@mail.mil

ACS Main Center | 6303 Wetzel Ave., bldg. 1526 | 719.526.4590

PWOC SPRING RETREAT

A poster for the PWOC Spring Retreat. The background is a solid dark blue. At the top left, the text "Protestant Women of the Chapel Fort Carson" is written in a white, serif font. In the top right corner, there is a circular logo for the "UNITY IN CHRIST" community. The main title "PWOC Spring Retreat" is centered in a white, serif font. Below the title is an illustration of a red and white life preserver floating in blue water. Underneath the illustration, the text "RESCUED Psalm 69:1-3, 13-15" is written in a white, serif font. A white rectangular box with rounded corners contains the following text: "Karen Jaedicke Guest Speaker", "Saturday, April 13th", "9:00am - 2:00pm", "Soldiers Memorial Chapel". At the bottom of the poster, the suggested donation and registration information are provided in a white, serif font.

Protestant Women of the Chapel
Fort Carson

PWOC
Spring Retreat

RESCUED Psalm 69:1-3, 13-15

Karen Jaedicke
Guest Speaker

Saturday, April 13th
9:00am - 2:00pm
Soldiers Memorial
Chapel

Suggested donation \$15.
Please visit the PWOC Fort Carson Facebook page for the
registration links and more details about childcare, carpooling, etc.



FOR MORE INFO PLEASE VISIT <https://carson.armymwr.com/calendar/event/celebration-military-child-magic-show/3041064/37496>

EASTER BRUNCH



Date: Apr 21 2019, 10 a.m. - 2 p.m.

Elkhorn Catering & Conference Center - 1725 Woodfill Rd. Bldg. 7300 Fort Carson 80913

<https://carson.armymwr.com/calendar/event/easter-brunch/2900043/35738>

MOTHERS DAY BRUNCH

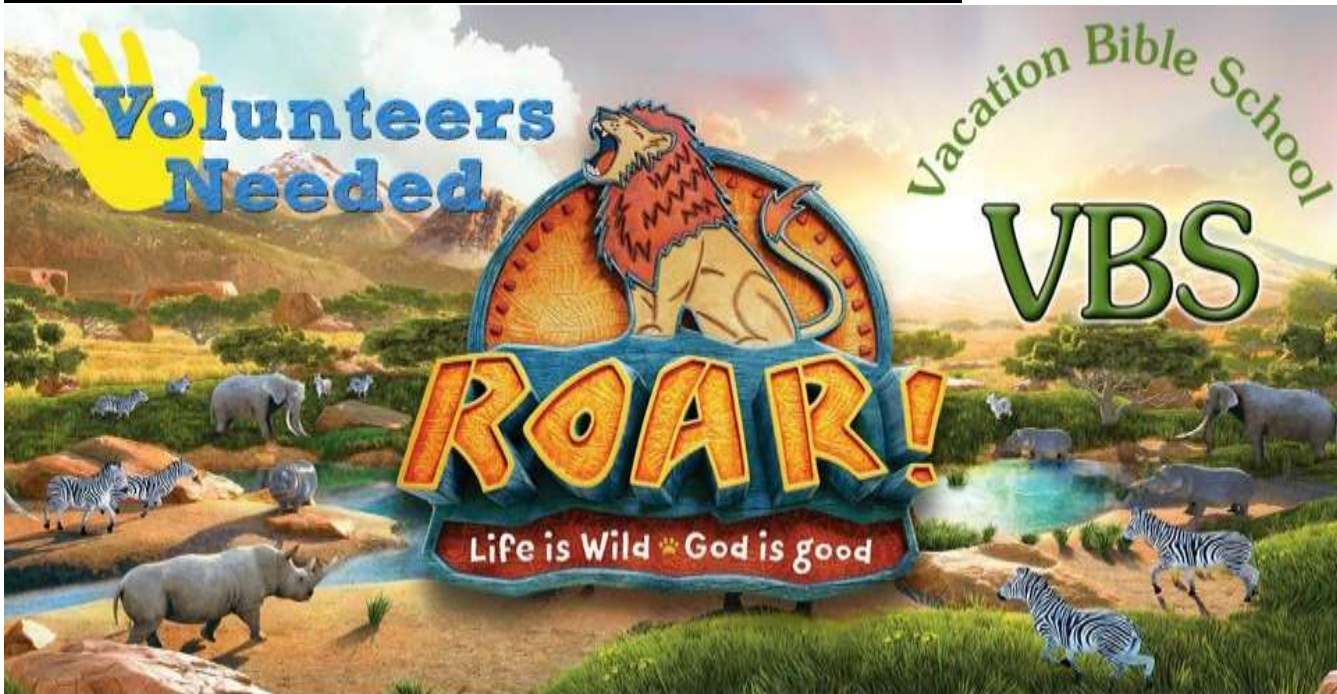


Date: May 12 2019, 10 a.m. - 2 p.m.

Elkhorn Catering & Conference Center - 1725 Woodfill Rd. Bldg. 7300 Fort Carson 80913

<https://carson.armymwr.com/calendar/event/mothers-day-brunch/2900463/35792>

VACATION BIBLE SCHOOL 2019 SAVE THE DATE/CALL FOR VOLUNTEERS!



Love working with Kids... Volunteer with us. VBS will be held June 10-14. If you are interested in volunteering and would like more information, please email Ms. Heidi McAllister at

heidi.a.mcallister.civ@mail.mil



LIVING HISTORY DAY

18 MAY 19

0900-1700 in Kit Carson Field
by Gate 1

- D-Day Re-Enactment
- Vehicle Displays
- Fire Engines
- Police Cars
- Mules
- Community Agencies
- And Much More!



FREE to
the
Public!





Personal Health Coaching Sessions



Need help making a plan?

Your Fort Carson AWC has Health Educators who are certified Personal trainers employed to help you improve your health through managing your stress, improving your sleep and promoting a healthy diet and exercise habits.

Call today to schedule a

"Health Coaching Session" where we will assist you in planning the best way to reach your personal health and wellness goals!

**Call for an appointment
719-526-3887**



2019 Fort Carson Tax Center BLDG 1358 Barkeley Ave



The Fort Carson Office of the Staff Judge Advocate is pleased to announce the reopening of the Fort Carson Tax Center. We will offer FREE income tax preparation services for both federal and state tax returns to all Active Duty, mobilized Reservists (with orders), dependents and Retirees. All preparers are certified by the IRS. In 2018, the Tax Center prepared 5,580 returns and saved our clients over \$597,417 in tax preparation fees and helped the Fort Carson Community claim approximately \$13,000,000 in tax refunds.

The Fort Carson Tax Center will open for appointments on 1 February 2019. Appointments can be scheduled via telephone or in person. Appointments must be screened in order to match the Client's need with the appropriately skilled preparer.

Appointments will be scheduled starting 21 January 2019.

Telephone: (719) 524-1012, (719) 524-1013

Taxes will be done primarily by appointment. Appointments will be scheduled from 0900 until 1700. Walk-ins will be available on a limited basis (resources permitting) beginning 18 February 2019.

Hours: 0900-1700 Monday through Friday. The Tax Center will be open on all training holidays and closed on all federal holidays.

Documents to Bring:

A copy of last year's tax return	W-2s, 1099s, and 1098s
Social Sec. cards for filers and dependents	Form 8332 signed
Power of Attorney for Taxes if one filer is not present	

Other documents:

Childcare Costs	IRA Contributions	Stock and Bond Sales
Alimony Paid/Rec'd	Education Expenses	Charitable Contributions
Mileage log /Business Expenses	Rental Expenses	
Carried over Losses		

Bank Information: Account Number and Routing Number for Direct Deposit

Our Address is BDLG 1358 Barkeley Avenue, Fort Carson. We are located between Barkeley and McGrath and north of Nelson.

MILITARY FAMILY LIFE COUNSELORS



Military Family Life Counseling

Adult Military Family Life Counselors (MFLC) provide non-medical short term, situational problem-solving counseling to Service Members and their Families. Services can be provided on or off the installation and can be for individuals, couples, families and groups. They provide counseling in the following areas:

Life Skills

Anger Management
Communication
Relationship Issues
Productivity at Work
Conflict Resolution
Parenting
Decision-making skills

Military Lifestyle

Deployment Stress
Coping Skills
Relocation Adjustment
Sadness, grief and loss
Homesickness
Separation
Building Resiliency
Reintegration: warrior to citizen

This program is currently transitioning contracts and the following information was last updated on January 29, 2019. The MFLC program also has counselors assigned to specific Fort Carson units, which are referred to below as embedded counselors. To speak with an MFLC or to schedule an appointment (in-person or by phone) you can use the following three phone numbers (for non-unit specific counselors):

[\(719\)338-7816](tel:(719)338-7816)

[\(719\)338-0144](tel:(719)338-0144)

[\(719\)338-7216](tel:(719)338-7216)

Embedded MFLCs currently on-board at Fort Carson are as follows (please note, we will continue to update this list as more counselors are on-boarded):

1st Stryker Brigade Combat Team, 4th Infantry Division - [+1\(719\)424-8819](tel:+1(719)424-8819)

2nd Infantry Brigade Combat Team, 4th Infantry Division - [+1\(719\)415-0661](tel:+1(719)415-0661)

3rd Armor Brigade Combat Team, 4th Infantry Division - [+1\(719\)313-6887](tel:+1(719)313-6887)

4th Combat Aviation Brigade, 4th Infantry Division - [+1\(719\)400-8067](tel:+1(719)400-8067)

4th Sustainment Brigade & 68 CSSB - [+1\(719\)250-3793](tel:+1(719)250-3793)

627 Hospital Command, 4th Engineers, 759th Military Police - [+\(719\)355-9536](tel:+(719)355-9536)

1st SP, MEDDAC, DENTAC, 71EOD, HHBN - [+1\(719\)355-9181](tel:+1(719)355-9181)

10 Special Forces Group - [+\(719\)424-0106](tel:+(719)424-0106); [+1\(719\)250-5509](tel:+1(719)250-5509); [+1\(719\)466-9609](tel:+1(719)466-9609)

CHILD & YOUTH BEHAVIORAL (CYB) MILITARY FAMILY LIFE COUNSELORS:

Child & Youth Behavioral (CYB) Military Family Life Counselors provide broad -ranging support to military children and youth, and to the Family members and other adults who support them. They are available at no cost to assist children and youth, parents, Family members and staff. Issues addressed by CYB-MFLCs can be done in group sessions, educational presentations and individual meetings. After-hours and weekend appointments are available. Topics include:

School Adjustment

Deployment and Separation

Reunion adjustment

Sibling and parent-child communication

Behavioral concerns

Fear, grief and loss

Daily life issues

Contact a CYB-MFLC from the list below:

School	Phone #
• Abrams Elementary	• +1(719)367-1950
• Carson Middle	• +1(719)377-1432
• Eagleside Elementary	• +1(719)246-9940
• Fountain Middle	• +1(719)367-1714
• Fountain/Fort Carson High School	• +1(719)651-1452
• Jordahl Elementary	• +1(719)251-9615
• King Elementary	• +1(719)651-7710
• Mesa Elementary	• +1(719)-367-1715
• Mesa Ridge High School	• +1(719)367-1409
• Mountainside Elementary	• +1(719)651-0880
• Otero Elementary	• +1(719)651-7169
• Patriot Elementary	• +1(719)367-1408
• Soaring Eagles Elementary	• +1(719)377-1577
• Webster Elementary	• +1(719)367-1291
• Weikel Elementary	• +1(719)203-0623

Additional Options for Counseling in the community, should an MFLC not be available:

Non-medical counseling through Military OneSource can be provided face-to-face in the community, via telephone, video, and online for Soldiers and their Family Members. To reach Military One Source to set-up an appointment call [+1\(800\)342-9647](tel:+18003429647) or <http://www.militaryonesource.mil>.

Emergencies: call 911 or go to the emergency room.



ARMY COMMUNITY SERVICE PROGRAMS

ACS CLASS DELIVERY



NEW!

Class **DELIVERY**

Schedule an Army Community Service class at a **time that works best** for your unit or family readiness group, in a **location of your choice** and customized to meet **your needs**.

Simply log onto www.carson.army.mil/acs and complete the 'request a class' form. The complete list of portable classes is online.

Classes on your time at your location, now that's delivery service that you can get excited about.

(719) 526-4590
www.carson.army.mil/acs





NEW PARENT SUPPORT PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

The Army Community Service New Parent Support Program (NPSP) is a professional team of social workers and nurses that provide supportive and caring services to military Families. Our trained and supervised home visitors have extensive knowledge of the issues confronting military parents and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. A variety of classes are offered to meet the schedule and needs of our Fort Carson Families.

Weekly	Infant Massage & Baby Nurturing	Tuesdays 9:30 a.m.-11:00 a.m.	Pregnant moms and parents with babies are encouraged to attend. Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed. The first Tuesday of each month will feature a nurse and lactation specialist to discuss nutrition, growth and development of babies. No registration required, walk-ins welcomed.	Nurturing Center Bldg. 1354
Weekly	Playgroup	Fridays 10 a.m.-12 p.m.	A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills. No registration required, walk-ins welcomed.	Nurturing Center Bldg. 1354
Weekly	Toddler Time	Thursdays 9:30-11 a.m.	Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, walk-ins welcomed.	Nurturing Center Bldg. 1354
Monthly	Basic Training for New Moms	3rd Tuesday of the month 9 a.m.-11:30 a.m.	Topics include becoming a new mom, caring for your baby and caring for yourself.	ACS Center Bldg. 1526
Monthly	Boot Camp for New Dads	1st Tuesday of the month 9 a.m.-Noon	Topics include becoming a new dad, caring for your baby and caring for mom.	ACS Center Bldg. 1526
Every Other Month (see website for dates)	Baby Sign Language	2nd Thursday of the month 9 a.m.-11 a.m.	Babies are happiest when they can communicate with the people who love them the most - their families. Signing is a tool that can be the key into your baby's thoughts and the springboard for future language development. This class will offer different signs and lessons each session.	ACS Center Bldg. 1526
Quarterly	Nurturing (Infant to 5 years)	Jan 9 - March 27* *Register on Jan 2 April 10 - June 26* *Register on April 3	This 12-week class teaches parents how to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more. Call (719) 534-3105 to register. Meets 9:30 a.m. to 11:45 a.m.	Nurturing Center Bldg. 1354
Quarterly	Nurturing (3 to 12 years)	Jan 9 - March 27* *Register on Jan 2 April 10 - June 26* *Register on April 3	This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more. Call (719) 534-3105 to register. Meets on Wednesdays from 5:30 p.m. to 7:45 p.m.	Nurturing Center Bldg. 1354
Quarterly	Nurturing Families through Play (3 to 10 years)	Jan 8 - March 12* *Register on Jan 2 April 9 - June 11* *Register on April 3	This 10-week class teaches parents of children ages 3 to 10 how to use child play therapy skills to reduce behavioral problems and nurture parent-child relationships. Registration is required. Call (719) 534-3105 to register. Meets Tuesdays from 10:30 a.m. to 12:30 p.m.	Nurturing Center Bldg. 1354
By Appointment	Home Visits	(719) 526-0461	A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.	



ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time with the exception of the Family Enrichment events (i.e., AFTR, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled & rescheduled. For installation weather notifications, visit www.carson.army.mil or call (719) 526-0096.



Find us on Facebook:
"Fort Carson ACS Family Nurturing"



COMMUNITY PARTNER PROGRAMS

ROCKIES TICKETS



SPECIAL OFFER FOR FORT CARSON EMPLOYEES!

All Fort Carson employees may purchase discounted seats in the Outfield Box, Pavilion, Rightfield Mezzanine, and Upper Reserved Infield for their family and friends to these 2019 Colorado Rockies games at Coors Field.

CALL NOW TO TAKE ADVANTAGE OF THIS EXCLUSIVE OFFER:

1. Call (303) **ROCKIES** when you are ready to purchase \$17 tickets (\$3.50 service charge per order will apply).
2. State that you are with Fort Carson and provide the reference number 39854784.
3. Have a credit card ready-You will be given a choice of seat locations: Outfield Box, Pavilion, Rightfield Mezzanine or Upper Reserved Infield for \$17.
4. Seating areas are subject to availability, limits apply and all areas aren't available for each game.

Only employees calling (303) ROCKIES will be allowed to receive this \$17 special

This offer will NOT be available at the ticket windows.



SUN, APRIL 7 @ 6:37 PM

***WILD CARD PENNANT**



MON, APRIL 8 @ 6:40 PM

***DOLLAR HOT DOG NIGHT PRESENTED BY NATHAN'S FAMOUS**

TUE, APRIL 9 @ 6:40 PM

WED, APRIL 10 @ 1:10 PM



THU, APRIL 18 @ 6:40 PM

FRI, APRIL 19 @ 6:40 PM

SUN, APRIL 21 @ 1:10 PM



MON, APRIL 22 @ 6:40 PM

TUE, APRIL 23 @ 6:40 PM

YOU ARE INVITED TO AN OXYGEN SEMINAR

Friday, March 22, 2019

JOIN US for a fun and insightful OXYGEN seminar to help you and your loved one discover a happier and healthier relationship.

TOPIC HIGHLIGHTS

- ☐ Ideas to re-kindle your romance
- ☐ Action plan for your relationship.
- ☐ Tools to resolve conflict and be heard.
- ☐ Strategies to get over the same old issues.
- ☐ A better understanding of each other's needs.



REGISTER NOW!

www.surveymonkey.com/r/MarCouples2019

Get more free resources for your relationship at StrongerFamilies.com

STRONGER FAMILIES®
Oxygen for Your Relationship

GOOD GRIEF CAMP MENTOR'S NEEDED



TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS
3033 Wilson Boulevard, Third Floor ★ Arlington, VA 22201
800-959-TAPS ★ 202-588-TAPS (8277) ★ www.taps.org

CURRENT AND FORMER SERVICE MEMBERS - MAKE A DIFFERENCE **Mentor Children of America's Fallen Military Heroes**

TAPS Mountain State Regional Military Survivor Seminar and Good Grief Camp
March 29-31 in Colorado Spring, CO

BACKGROUND: The [Tragedy Assistance Program for Survivors \(TAPS\)](http://www.taps.org) is the national nonprofit caring for the families of America's fallen heroes. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief programming and resources at no cost to surviving military families. We have assisted more than 85,000 surviving family members, casualty officers, and battle buddies.

THE SURVIVOR PROGRAM: At the [Mountain State Regional Military Survivor Seminar and Good Grief Camp](#), surviving military family members from across the region will come together and connect with others who have experienced similar losses. Children ages 4-18 create lasting friendships, learn coping skills, build resiliency, and honor their fallen service member. Group lessons combine team building, sharing, and playing to create an environment where children feel safe to explore their grief. Pairing each child with their own mentor is the key to our success.

MILITARY MENTOR ROLE: Current and former service members are eligible to volunteer for this incredible opportunity. After a group training session with TAPS Youth Programs staff, mentors are paired with their own mentee and work in small groups facilitated by an experienced leader. You may request the age group you'd like to work with. Children learn through active play, and the curriculum is designed to meet each child where they are in the grief process through engaging activities. The one-on-one time with your mentee gives them the companionship and support needed to feel comfortable connecting with peers and engaging in lessons. [This video shows the impact of the Good Grief Camp on our youngest survivors.](#)

MILITARY MENTOR SCHEDULE:

Friday, March 29	5:30pm – 9:30pm	Good Grief Camp Kid Zone (OPTIONAL)
Saturday, March 30	6:30am – 8:15am 8:15am – 7:00pm	Mentor training - MANDATORY FOR ALL MENTORS Good Grief Camp
Sunday, March 31	7:45am – 3:00pm	Good Grief Camp

LOCATION: All activities will take place in Colorado Springs, CO

UNIFORM: Casual comfortable clothing and closed toed shoes. TAPS mentor t-shirts and a name tag are provided at training.

COST: All meals will be provided at no cost, and free parking is available on-site. There is limited lodging available Friday and Saturday nights to those who are travelling 40+ miles from the seminar.

HOW TO REGISTER:

1. Go to taps.org/militarymentor and complete the registration
2. Immediately log back into your new account and complete the background check release
3. You'll receive an email when background check is completed, and **THEN** you can sign-up for the Good Grief Camp.

Questions can be directed to mentors@taps.org or call 202-588-TAPS (8277)

YOUNG ADULT JOB FAIR

YOUNG ADULT **JOB** FAIR

FOR TEENS AND YOUNG ADULTS (16-24)



WEDNESDAY, APRIL 10, 2019



Southeast Armed Services YMCA
2190 Jet Wing Drive
Colorado Springs, CO 80916



**For Express
Entry into the Job Fair,
pick up your Scan Card at any
Pikes Peak Workforce Center location!**

Noon
Open to Veterans & eligible Spouses
12:15 to 4:30 PM
Open to General Public



ppwfc.org

★ **Veterans are entitled to priority of service.** ★

Paid from U.S. Department of Labor funds

WELCOME HOME WARRIOR

A **FREE** weekend retreat for current service members, veterans, and their families who are experiencing stressors associated with military life. Re-connect as a family and network with other families. Fun and therapeutic activities are offered daily for the entire family, such as:

Arts and crafts, zip line, campfire and s'mores, massage and reiki, climbing wall, supervised activities and special groups for teens and school-aged children, classes for couples.

- Meals, snacks, and rooms included!
- Child-care for children 5 and under.
- Nurse onsite.
- Offered in the spring and fall at Golden Bell Camp in beautiful Divide, CO.
- Next retreat dates: **26 APR 19 - 28 APR 19**
- For more information and reservations, contact Joshua Kreimeyer at the Regis Center for Counseling and Family Therapy at 719-264-7027 or via email at whw@regis.edu.



WHW collaborates with the Regis Center for Counseling and Family Therapy to offer this retreat. Funding is provided by generous donations from the community and a grant from the Colorado Springs Health Foundation.



Team River Runner Adaptive Kayaking



If you ever wanted to learn how to “glide” on the water? Here’s your chance!!

Free lessons for AD medical Boarding soldiers. Purple Hearts, Combat Veterans, Medically discharged veterans and their families/support system. Equipment included.

For those of you living around the Fort Carson area, lessons will be at Prospect Lake (when too cold-Nelson pool). For those of you residing to the north there is a Denver, Fort Collins and Grand Junction Chapter. Also Chapters in other states.

Lessons on Thursday evenings and Day trips on the weekend to local area rivers.

Adaptive Resources for those with TBI, PTSD, Amputees, Mobility Needs, Visual Impairment, Hand Adaptation Needs and Cognitive Challenges.

Already know how but would like to connect with others who have like experience? Here’s your chance.

Please contact: Frank Hackney (Chapter Coordinator) @ 719-232-4395 for more information and to sign up.

PEAK MILITARY CARE NETWORK: <https://pmcn.org/>

MILE HIGH YOUTH CORPS EMPLOYMENT OPPORTUNITY: <https://www.milehighyouthcorps.org/>

TROOPS TO TEACHERS TEACH AS A SECOND CAREER EVENT:

<https://educatoreffectiveness.wufoo.com/forms/teaching-as-a-next-career-seminars/>

YMCA AUTISM RESPITE PROGRAM: <https://ppymca.org/programs/youth/rise-respice-program>

RED CROSS SOUND THE ALARM (Volunteer or request an alarm installation):

<https://www.redcross.org/local/colorado/about-us/our-work/home-fire-safety.html>

CPCD PRESCHOOL PROGRAMS: <https://www.cpcdheadstart.org/>

YMCA SPRING BREAK CAMP: <https://ppymca.org/programs/youth/youth/child-care/school-break-camps>

TRAILWEST FAMILY CAMP: <https://www.younglife.org/Events/Pages/Military/default.aspx>

TILLMAN HONOR RUN: <https://www.eventbrite.com/e/colorado-springstillman-honor-run-registration-55944705119>

OPERATION BLACK HILLS CABIN: <http://www.operationblackhillscabin.org/>

US CUSTOMS AND BORDER PROTECTION RECRUITING: <https://www.cbp.gov/careers/veterans>